

DECEMBER
TEACHING
KITCHEN

VIRTUAL WELLNESS SERIES

Teaching Kitchen Sessions

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Enjoy a hands-on demonstration of the healthy recipe below and discover more!



April
Rozzo, MS, RD, CSO, LDN

PEA AND PESTO RISOTTO

Ingredients/Shopping List

- 2 tablespoons olive oil
- 1/2 cup yellow onion, diced
- 2 cloves garlic, minced
- 1 cup Arborio rice
- 3 1/2 cups vegetable broth
- 2 cups frozen peas, thawed
- Zest of 1 lemon, juice of half a lemon
- 1/2 cup pesto, to taste
- 1/4 cup plus 2 tablespoons of parmesan, divided
- 1 tablespoon butter
- 1/4 pine nuts, toasted, for serving

Instructions

1. Preheat oven to 375 degrees F.
2. Heat oil in a large oven-safe saucepan or Dutch oven over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add garlic and stir until fragrant, 1 minute. Add rice, and stir until coated in oil and lightly toasted, 2 minutes.
3. Add broth and bring to a boil over high heat. Cover and bake until almost all of the liquid is absorbed and rice is tender, about 20 minutes.
4. Remove from the oven and add peas, 1/4 cup of parmesan, and the pesto; stir until well combined and return to the oven for an additional 5 minutes.
5. Remove from the oven and stir in lemon zest, juice, and butter. Serve topped with additional parmesan cheese and toasted pine nuts. Serves 4-5 as a main course.

